



ESSENTIAL INFORMATION

protecting individuals
with lung conditions

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This book is not available for purchase.

The BC Lung Association (BC Lung) is one member of a larger provincial lung health community.

This essential information booklet has benefited from many conversations with and contributions from lung and public health policy-makers and professionals who consistently give of their time and expertise to help us be a more effective voice and support for the 1 in 5 British Columbians affected by respiratory illness.

We are immensely grateful.

Christopher Lam
President & CEO
BC Lung Association





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“For those who suffer from chronic lung diseases such as asthma, COPD, or ILD, the news around the COVID-19 pandemic can be scary. To limit your risk of becoming infected, it is important to be strict with your hand washing. And it is especially important lung patients physically distance themselves from others during this time. We know that some people with lung conditions are already at some disadvantage based on their lung function. They may also be more susceptible to severe illness should they get COVID-19.”

Dr. Chris Carlsten
Division Head
Respiratory Medicine, UBC
BC Lung Association Medical Advisor



COVID-19 PROTECTION REMINDERS



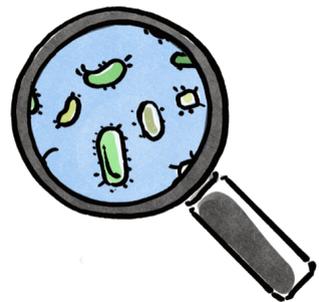
COVID-19 PROTECTION REMINDERS

What is COVID-19?

Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The disease caused by the new coronavirus has been named COVID-19.

How does COVID-19 spread?

Coronavirus is transmitted via liquid droplets when a person coughs or sneezes. The virus in these droplets can enter through the eyes, nose or throat if you are in close contact. The virus is not something that comes in through the skin. It can be spread by touch if a person has used their hands to cover their mouth or nose when they cough. That's why we recommend you cough or sneeze into your arm and wash your hands regularly.



COVID-19 PROTECTION REMINDERS cont.

What are the symptoms of infection?

The symptoms of COVID-19 are similar to other respiratory illnesses, which include the flu – coughing, sneezing, fever, sore throat, difficulty breathing. Most common to COVID-19 are fever, dry cough and extreme fatigue. People infected with COVID-19 may experience little or no symptoms with illness ranging from mild to severe.

Trusted COVID-19 info resources

BC Lung relies on the following trusted resources for up to date information on COVID-19. To access trusted information, search the Internet (Google search) for the names of the following organizations together with the word COVID-19:

- BC Centre for Disease Control
- Health Canada
- World Health Organization
- BC Health Authorities
 - Vancouver Coastal Health
 - Fraser Health
 - Island Health
 - Interior Health
 - Northern Health

The Canadian Medical Association, College of Family Physicians of Canada and Royal College of Physicians and Surgeons of Canada have also created a valuable joint web resource:

www.covidquestions.ca

COVID-19 PROTECTION REMINDERS cont.

You're safest at home.

During these times of the COVID-19 pandemic, staying home is best for lung patients to avoid unnecessary risk.

Ensure you're prepared in case you get sick.

- Talk with your healthcare provider to find out if you have enough medications and supplies.
- Stock up on groceries, pet food and cleaning products so you don't have to shop often.
- Wear a mask and carry 70% alcohol-based hand sanitizer when you are outside of your home.
- Identify which services are available to deliver food or medications to your home.
- Identify family, friends or neighbours who can help with errands like prescription pick-up.

Keep a safe distance.

Maintaining physical distancing of at least six feet (two metres) from other people in the community is best whether inside or outside of your home.

Avoid exposure to people who are sick.

Stay home if you feel unwell. Call 8-1-1 or your healthcare provider if you have unusual symptoms.



COVID-19 PROTECTION REMINDERS cont.

Avoid high-touch public place surfaces.

If you need to touch high-touch surfaces in the community such as doorknobs, handrails and elevator buttons, use a tissue or your sleeve to cover your hand.

Avoid touching your eyes, nose and mouth.

Doing so allows the germs on your hands to reach moist, porous surface tissue where the germs can enter your body and cause infection.

Cough in your elbow and cover your mouth and nose with a tissue when you sneeze.

Immediately dispose of tissue. And wash your hands.

Wash your hands often.

Wash your hands often with soap and water for at least 20 seconds. If you are unable to wash your hands, use a hand sanitizer that contains at least 70% alcohol.

Follow your regular health regime.

- Continue taking medications as prescribed.
- Continue with your exercise program.
- Continue with your healthy eating regime.
- Continue following hygiene guidelines.
- Continue to protect yourself by following self- isolating and physical distancing protocols.



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Hand Hygiene

**SOAP OR ALCOHOL-BASED
HAND RUB: Which is best?**



Either will clean your hands:
use soap and water if hands
are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH



Wet hands with warm
(not hot or cold)
running water



Apply liquid or foam soap



Lather soap covering
all surfaces of hands
for 20-30 seconds



Rinse thoroughly
under running water



Pat hands dry thoroughly
with paper towel



Use paper towel
to turn off the tap

HOW TO USE HAND RUB



Ensure hands are visibly
clean (if soiled, follow hand
washing steps)



Apply about a loonie-sized
amount to your hands



Rub all surfaces of your hand
and wrist until completely
dry (15-20 seconds)

COVID19_J44_001



Ministry of
Health



BC Centre for Disease Control

If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.



COVID-19 PROTECTION REMINDERS cont.

Wear a face mask if you are sick or caring for someone who is sick.

Masks are an appropriate part of infection prevention and control if you have symptoms of COVID-19 or are caring for a person with symptoms. The mask acts as a barrier and helps stop the tiny droplets from spreading when you cough or sneeze.

If you do not have a medical/surgical mask, non-medical masks or facial coverings (e.g., homemade cloth masks, dust mask, bandanas) should be used by the person who is sick, as long as it does not make it more difficult to breathe. These non-medical masks may also be worn by any household member providing care to a person who is sick. **Important:** Using a mask is not enough and should be combined with other preventative measures such as hand washing, self-isolating and physical distancing.

Wear a face mask if you are healthy.

Wearing a mask is a reasonable solution when you have to be out in the community for medical appointments, food or supplies. Wearing a non-medical mask might not protect you from COVID-19, but it is a good option in situations where you cannot keep a safe distance from others for an extended period of time, such as when you are on transit, getting a haircut or visiting someone indoors.

It is important to treat people wearing masks with respect.

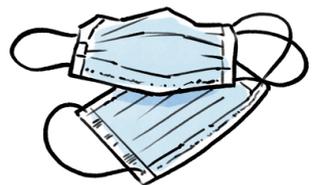
COVID-19 PROTECTION REMINDERS cont.

Dispose of masks after use.

- Wash your hands with soap and water before taking off your mask.
- Dispose of used masks in a wastebasket lined with a plastic bag.
- After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.
- When emptying wastebaskets, take care to not touch used masks or tissues with your hands. All waste can go into regular garbage bins.
- Clean your hands with soap and water after emptying the wastebasket.

Clean and change homemade masks often.

- Wash homemade masks using the directions on the original material but in general, warmer water is better. Dry the mask completely (in the dryer using a warm/hot setting if possible).
- Do not shake dirty masks to minimize spreading germs and particles through the air. If dirty cloth masks have been in contact with someone who is sick, they can still be washed with other people's laundry.
- Any damage, fabric breakdown, or change in fit will reduce the already limited protection of cloth masks.



Face masks: How are they different?

Physical distancing, hand washing and staying at home if you are sick are the most effective ways to prevent the spread of COVID-19; masks do not replace these actions. Masks, face coverings and gloves are the least protective measures for reducing transmission of COVID-19. Masks, when worn properly and for short periods, may offer some protection especially when you are not able to keep a 2 metre distance from others. For work settings, refer to specific workplace guidance on masks.



Cloth masks (homemade or bought)

- May be used by the general public to reduce the spread of large respiratory droplets. However, these masks offer minimal protection to the wearer.
- Can be made from various types of machine-washable and dryable cloth.
- If homemade, use clean woven cotton or linen e.g., a tea towel, bedsheet, pillowcase, t-shirt.
- Must be designed and worn to fully cover nose and mouth.
- Should fit snugly, let you breathe easily, and attached securely with ties or ear loops.
- Re-usable and need to be washed regularly.



Other cloth face coverings

- E.g., bandana, niqab, scarf, neck gaiter.
- May be used to reduce the spread of large respiratory droplets. However, face coverings offer limited protection to the wearer.
- If the material is thin, fold it into several layers.
- Be sure that it covers mouth, nose and sides of the face.



Industrial N95 respirators

- Used to protect workers from inhaling dust, fumes, and hazardous aerosols.
- Available in hardware stores.
- These masks are not recommended to prevent COVID-19 because if they have a valve and you cough/sneeze, you may spread a stream of germs through the valve.

Personal protective equipment (PPE)

These medical masks/respirators should be reserved for health providers or those caring for sick people.



Medical/surgical masks

- Used by healthcare workers or those caring for sick people. Not for general use, in order to reserve critical supply for healthcare.
- Protect against large droplets.
- Flat/pleated or cup shaped with a looser fit.
- Water resistant; and may come with visor.
- Meant for one-time use.



Medical N95 respirators

- Used by healthcare workers in healthcare settings. Not for use by the general public.
- Protect against inhaling and exhaling very small airborne particles and aerosols.
- Fits closely over the nose and mouth to form a tight seal.
- Must be custom fit and worn properly.

Coronavirus COVID-19

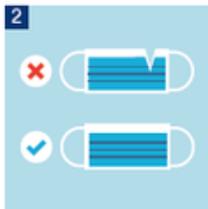
BC Centre for Disease Control | BC Ministry of Health



How to Wear a Face Mask



1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

Removing the Mask



1 Perform hand hygiene.



2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Discard the mask in a waste container.



4 Perform hand hygiene.



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): 1-888-COVID19 (1888-268-4319) or text 604-630-0306



COVID-19 PROTECTION REMINDERS cont.

What to do if you suspect you may have COVID-19

To help you determine if you may have COVID-19 there is a self-assessment tool that can help . For easy online access visit **bc.thrive.health/covid19** (or Google search BC COVID-19 self-assessment tool)

If you suspect you have COVID-19, contact your healthcare provider or call 8-1-1.

Generally, COVID-19 has a very particular clinical profile. Symptoms include:

- A new cough
- A chronic cough that gets worse, or a fever greater or equal to 38°C or signs of a fever like shivering
- Flushed skin, excessive sweating, or difficulty breathing
- A loss of taste or smell

Always call your healthcare provider ahead of time to explain your symptoms and receive advice. Also, before going to a healthcare facility, make sure you let them know you are coming ahead of time so they protect others from potential exposure.

COVID-19 PROTECTION REMINDERS cont.

Calling 9-1-1

If you develop urgent COVID-19 symptoms, call 9-1-1. Urgent symptoms include significant difficulty breathing, gasping, chest pain or pressure, a new confusion or difficulty waking up.

When you call 9-1-1, tell the emergency responder that you may have COVID-19 and are at high risk for complications given your underlying respiratory conditions.

Should your concern be medical but not urgent, call 8-1-1 (HealthLinkBC) or consult with your healthcare provider. You can also explore the www.healthlinkbc.ca website.



COVID-19 PROTECTION REMINDERS cont.

Take care of yourself.

The COVID-19 pandemic has resulted in many changes to how we live. It is normal to feel sad, stressed, scared or worried. People react in different ways.

Consider taking breaks from watching, reading or listening to news stories, including using social media.

Take care of your body.

Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Make time to unwind. Try to do some other activities you enjoy.

Monitor other medical supplies you might need (oxygen, incontinence, dialysis, wound care) and create a back-up plan.

Stay apart but stay connected.

Check in with your loved ones often. Consider connecting with loved ones by telephone, email, mailing letters or cards, text messages, video chat, zoom get-together, social media, etc.



COVID-19 PROTECTION REMINDERS cont.

Stick to a normal routine.

As much as possible stick to a normal routine – wake up times, personal hygiene, regular meals and hydration. Keep alcohol and substances to a minimum.

Reach out if you need more support.

If you are feeling particularly anxious or if you are struggling with your mental health, reach out to a mental health professional or to your healthcare provider for support.

You do not have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.

Trusted mental health support resources

- Bounce Back BC at www.bouncebackbc.ca
- Canadian Mental Health Association at www.cmha.ca
- Crisis Chat at www.crisiscentrechat.ca

“An underlying respiratory condition can make one more vulnerable to a lot of things. It is crucial patients be informed about their condition and take control of their health. While there are limitations on how much one can fix a chronic lung disease, breath control, exercise and proper medication can together significantly improve patient quality of life.”



Mark Finnis
Respiratory Therapist & Educator
Island Health, BC

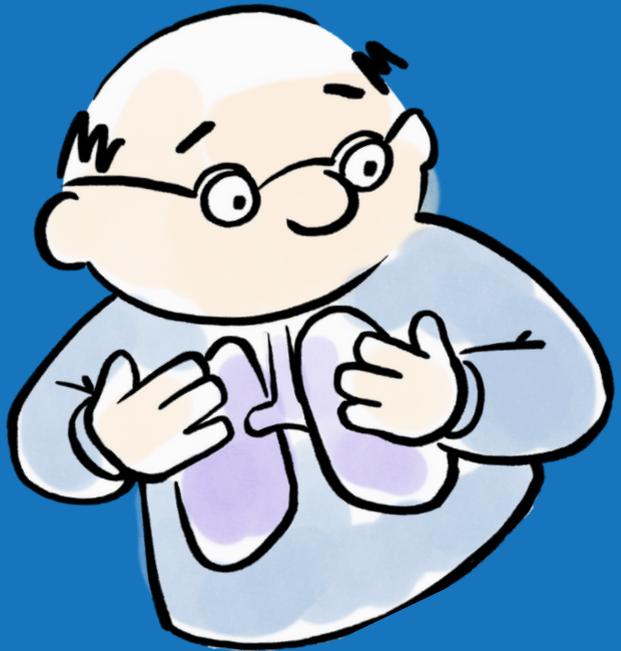


“In addition to following recommended COVID-19 protection measures such as frequent hand-washing and physical distancing, it is vital for lung patients to strive to maintain their current regimen of medications, exercise, and/or follow their control plans to the best of their ability. This will ensure should a patient get COVID-19, their lungs are functioning as well as they can be.”

Dr. J. Mark FitzGerald
Director, Centre for Lung Health
Vancouver Health Research Institute, UBC
BC Lung Association Medical Advisor



LUNG PATIENT SPECIFICS



LUNG PATIENT SPECIFICS

Continue to take medications as prescribed.

If you do get the virus, and you've carried on with your health regimes, your lungs are most likely functioning as well as they can be. If you're experiencing a flare-up of symptoms, please follow your action plan or contact your healthcare provider if you do not have an action plan to follow.

Remember, clinics offer check-ups by phone.

If you have a regular appointment that you cannot miss, go to it but be careful to maintain physical distance from other people. Bring sanitizer with you and sanitize your hands frequently.

Make every effort to stay active at home.

Exercise will make you more effective at using oxygen and give you extra physical and emotional capacity to do your daily activities – it's good for your mood and it passes the time.

Do not stock up on emergency equipment.

If you have not been prescribed oxygen, do not buy oxygen concentrators. If you contract COVID-19 and oxygen or ventilators are needed, you need to be in a hospital. Do not hesitate to contact your healthcare provider or call 8-1-1 should you have health questions or concerns.



LUNG PATIENT SPECIFICS cont.

Minimize pollution exposure.

Avoid burning candles or incense, smoking and second-hand smoke. Decrease or eliminate your use of scented personal or cleaning products. If you're looking at an air purifier, avoid ones that produce ozone. If you are using a HEPA-filter for room air purifying, keep it well maintained. Keep the humidity in your home under control. Dust and clean your home often.

Be cautious about alternative remedies.

Warm liquids like chicken soup may make you feel better, but are not a cure. The use of high dose supplements is not recommended as they may negatively interact with medications you're taking. For most people, there's no need for additional supplements if you are maintaining a healthy way of eating.



LUNG PATIENT SPECIFICS cont.

Trusted lung patient specific info resources

For more lung patient specific advice, search the Internet (Google search) each of the following organization names together with the word COVID-19:

- BC Lung Association (www.bc.lung.ca)
- Canadian Lung Association (www.lung.ca)
- Asthma Canada (www.asthma.ca)
- Cystic Fibrosis Foundation Canada (www.cysticfibrosis.ca)
- Canadian Pulmonary Fibrosis Foundation (www.cpff.ca)

The Canadian Medical Association, College of Family Physicians of Canada and Royal College of Physicians and Surgeons of Canada have also created a valuable joint web resource: www.covidquestions.ca

"Whatever it is — lack of awareness or stigma around smoking — there seems to be a common belief, 'If I have a chronic lung problem, there's nothing I can do about it. I just have to accept I'm always going to be breathless now.' And that's simply not true. We can help. Further, whether someone smokes, previously smoked, or has never smoked, he or she deserves the same level of compassion and support."



Marvin Wesenberg
Respiratory Therapist and Educator
Vancouver Coastal Health, BC



"One of the things I tell patients is that you know yourself best. If you typically feel a certain way during spring when you have an allergy-related asthma exacerbation, that is probably what you have. If you have unusual symptoms, or something outside of the norm, that's when people should be concerned. The thing to remember is that COVID-19 has a very particular clinical profile: fever, sometimes a high grade one, and a dry cough. Some have reported a loss of taste or smell."

Dr. Bob Schellenberg
Division Head
Allergy & Immunology, St. Paul's Hospital
BC Lung Association Medical Advisor



CARING FOR A HOUSEHOLD MEMBER WITH RESPIRATORY SYMPTOMS



CARING FOR A HOUSEHOLD MEMBER

Keep your healthcare provider informed.

If you are caring for or living with someone who has respiratory symptoms — possibly COVID-19 — you are considered a ‘close contact.’ You will be given special instructions about how to monitor your own health, what to do if you start to feel sick and who to contact.

Wash your hands often.

Wash your hands with soap and water after each contact with the infected person.

When to wear a mask and gloves

Wear a mask and gloves when you have contact with the person’s saliva or other body fluids and when providing direct contact care. Dispose of gloves and mask after use. Take off the gloves first without touching the outside of the gloves, and wash your hands with soap and water before taking off your mask. After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else. Dispose of both in a wastebasket lined with a plastic bag.

Minimize visitors to your home.

It is okay for friends, family or delivery drivers to drop off necessities, but during these COVID-19 times, it is a good idea to minimize visitors to your home.

CARING FOR A HOUSEHOLD MEMBER cont.

Avoid sharing household items.

Do not share dishes, drinking cups, utensils, towels, bedding or other items with the person who is sick.

Clean regularly touched items often.

These include things such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.

Wash laundry thoroughly.

Contaminated laundry should be placed in a laundry basket with a plastic liner. Wear gloves and mask when handling.

Be careful when touching waste.

Take care to not touch used tissues when emptying waste baskets. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.



CARING FOR A HOUSEHOLD MEMBER cont.

Trusted health information resources

For more specific advice on how to care for a household member with COVID-19, search the Internet (Google search) each of the following organization names together with the words 'how to care for a sick person with COVID-19':

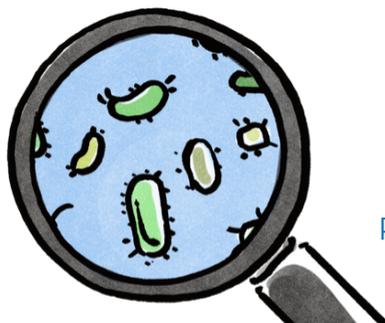
- BC Centre for Disease Control (www.bccdc.ca)
- HealthlinkBC (www.healthlinkbc.ca)
- Health Canada (www.canada.ca/en/health-canada.html)



"For individuals with chronic lung disease, management programs that incorporate education, oxygen/medication therapy, and exercise rehabilitation are created as a means of improving quality of life. When it comes to program adherence, lack of support and motivation are major barriers for some individuals. Ensuring easy access to the lung health community during these trying times, and being able to provide support and motivation, is therefore a priority."



Traci Boss
Respiratory Therapist & Rehab Expert
Fraser Health, BC



“The best defense is a good offense when it comes to protecting your health from the effects of wildfire smoke. We can’t eliminate smoke pollution, but some pre-season planning will help you breathe as easily as possible through the smoky months.”

Dr. Sarah Henderson
Senior Environment Health Scientist
BC Centre for Disease Control
BC Lung Association Air Quality & Health Advisor



WILDFIRE SMOKE PROTECTION TIPS



WILDFIRE SMOKE PROTECTION TIPS

What is the concern?

- Exposure to air pollution can irritate the lungs, cause inflammation and alter immune function, making it more difficult to fight respiratory infections such as COVID-19.
- In addition to the ongoing COVID-19 pandemic, the wildfire season is now underway.
- Wildfire smoke is a complex mixture of different air pollutants that can affect your health.
- Exposure to air pollution can irritate the lungs, cause inflammation, and alter immune function, making it more difficult to fight respiratory infections such as COVID-19.

Who is at most risk?

- Those who have been diagnosed with COVID-19 or another respiratory infection
- Those who have pre-existing respiratory conditions such as asthma, chronic obstructive pulmonary disease (COPD), interstitial lung disease (ILD), or lung cancer as well as those with pre-existing heart disease, diabetes, the very young, the elderly and pregnant women



WILDFIRE SMOKE PROTECTION TIPS cont.

Who is at most risk? cont.

- Those who are taking chemotherapy or drugs that suppress the immune system
- Those who have other risk factors, which make them more susceptible to both wildfire smoke and COVID-19, such as older age, diabetes, heart disease and insecure housing
- Wildfire smoke exposure is also a concern for pregnant women, infants and children.

What should you do if you have symptoms?

Exposure to wildfire smoke and COVID-19 can both cause respiratory symptoms such as a dry cough, sore throat or difficulty breathing. Anyone experiencing severe symptoms such as difficulty breathing, or chest pain should seek prompt medical attention by calling 9-1-1 or going to the nearest Emergency Department.

If you are experiencing mild symptoms, visit the **BC COVID-19 Self- Assessment Tool** available online at **bc.thrive.health/covid19** (or Google search BC COVID-19 self-assessment tool) to help determine whether you need further assessment or testing for COVID-19. If you still have questions after using the self-assessment tool, contact your healthcare provider or call 8-1-1 for further guidance.

WILDFIRE SMOKE PROTECTION TIPS cont.

How can you find clean air shelter or space during the wildfire season or COVID-19 pandemic?

The best way to protect against the potentially harmful effects of wildfire is to find cleaner air, which can be challenging under strict physical distancing guidelines as public facilities such as libraries and community centres are closed. Consider creating a cleaner air space at home to protect yourself from wildfire smoke during the COVID-19 pandemic.

Examples of creating a cleaner air space

- Use a portable air cleaner with HEPA filter or electrostatic precipitators that is appropriate to the size of your room. Run the air cleaner continuously with doors and windows closed.
- Whenever possible, use air conditioners (use the recirculate setting), heat pumps, evaporative coolers, fans, and window shades to keep your cleaner air space comfortably cool on hot days.
- If you have a forced air system in your home, talk to your service provider about different filters and settings that can be used to reduce indoor smoke.
- Avoid activities that create more indoor and outdoor air pollution, such as frying foods, sweeping and vacuuming and using gas-powered appliances.
- Get prepared for the wildfire smoke season as you would in any other summer.

WILDFIRE SMOKE PROTECTION TIPS cont.

Consider buying a portable air cleaner.

If it is smoky in your home, portable air cleaners (with HEPA filters or electrostatic precipitators) can significantly improve the air quality in small spaces when doors and windows are closed. They might be hard to find in the middle of a smoke episode. If you know that you are sensitive to smoke, it is best to purchase one before the smoke arrives.

Note: Although portable air cleaners are great, it may be unhealthy to close your doors and windows if temperatures are high and you do not have air conditioning.

Talk to your healthcare provider about an action plan to help you manage your lung condition.

During smoky conditions, anyone with chronic diseases — such as asthma, COPD, heart disease, diabetes as well as pregnant women, infants, children and the elderly — must be especially careful.

If you have a reactive respiratory or cardiovascular disease, work with your healthcare provider to create an action plan. Always carry your rescue medications with you, make sure that you have extra at home and know what to do if your rescue medications cannot bring an attack under control.



WILDFIRE SMOKE PROTECTION TIPS cont.

Listen to your body.

If you feel that the smoke is affecting you, try to find cleaner air for a while —like in your car — until you can get home again. When in your car, use the recirculate button so it's not drawing outside air in. Best, however, is staying home as much as possible.

Take it easy when the air is smoky.

The harder you breathe the more air pollution you inhale. Exercise is definitely healthy for adults and children, but smoky days are a good time for less strenuous outdoor activities.

Be aware of heat-related health risks.

Wildfires and smoke are a normal part of summer in British Columbia, but our seasons seem to be getting longer and more extreme. We cannot predict when big wildfires will occur, so it is best to prepare for a smoky summer before the season starts.

Wildfires often happen when it is hot outside, so it is important to be aware of heat-related risks. Here are some tips to help avoid these risks:

- Stay well hydrated by drinking plenty of water and encourage others to drink water as well — especially children and the elderly.
- If you are travelling in a car with air conditioning, use it on the recirculate setting.
- Listen to air quality and smoke advisories.
- Check forecasts daily when you know fires are burning.

WILDFIRE SMOKE PROTECTION TIPS cont.

Trusted air quality and wildfire info resources

To learn more, search the Internet (Google search):

- **BC Centre for Disease Control Wildfire Smoke** for more info on how to stay protected.
- **BC Government Air Quality Advisories** are issued when pollutant concentrations approach or exceed predetermined limits or when degraded-air-quality episodes are expected to continue or worsen.
- **BC Government Smoky Sky Bulletins** are a special type of public advisory to communicate the rapidly changing nature of wildfire smoke. It is issued when areas of the province are being impacted or have reasonable potential to be impacted by wildfire smoke within 24-48 hours.



WILDFIRE SMOKE PROTECTION TIPS cont.

Trusted air quality and wildfire info resources cont.

To learn more, search the internet (Google search):

- **The BC Government Air Quality & Health Index (AQHI)** is available to more than 80 percent of the population in 14 communities throughout Metro Vancouver and the Lower Fraser Valley as well as in Kamloops, Kelowna, Nanaimo, Prince George, Vernon, Victoria and the South Okanagan. The AQHI illustrates the level of health risk with a number and colour scale of 1 to 10 or higher; labels the health risk as low, moderate, high or very high; provides the predicted air-quality health risk over the next 36 hours and provides advice on minimizing the health risk from air pollution.



- **BC Government Wildfire Activity**
Search for BC Fire Danger Ratings to get information on current wildfire activity in BC. Available online here are also details about specific wildfires and fire response efforts across the province.

"It's so important lung patients pay attention to their symptoms, learn how to recognize when they're getting sick, and take the right steps to treat flare-ups or lung attacks. If they have more cough, phlegm or shortness of breath than normal, they need to start using their action plan or see their medical practitioner to nip these flare-ups in the bud. Symptom flare-ups are a top reason adults are hospitalized today. But, with the right steps, most patients can avoid or minimize lung attacks, stay healthy and avoid hospitalization."



Carmen Rempel
Respiratory Therapist & Educator
Vancouver Coastal Health, BC



“Regardless of the type of underlying chronic condition a patient may have, the guidelines for protection from COVID-19 are the same. We recommend individuals continue to take prescribed medications and do their best to keep active, while staying at home as much as possible to avoid possible exposure and infection. Also important is following hygiene guidelines, which includes proper hand-washing as well as seeking alternate ways to stay connected with family and friends.”

Dr. James Johnston
Division Head
Respiratory Medicine
Vancouver General Hospital



RECOGNIZING LUNG IRRITANTS AND INFECTIONS



LUNG IRRITANTS AND INFECTIONS

What are lung irritants?

Lung irritants are things in the environment that may make your symptoms and breathing worse. It is important to know what irritants cause you problems so you can avoid them. You should also try to avoid things you are allergic to such as pollen, cat or dog fur or certain foods. If you can't avoid an irritant, talk to your healthcare provider about medications that can help you cope.

How does weather affect breathing?

Extreme hot, cold, windy or damp weather may make breathing hard. Exercise indoors when the weather is bad. Before going out into very cold weather, wrap a scarf around your mouth and nose or wear a mask to warm the air you are breathing.

How can I avoid indoor air pollution?

Keep your home as dust-free as you can. Change your furnace filter often. Avoid using strong-smelling cleaners, perfumes and deodorants. Above all, keep your home smoke-free.

What about outdoor air pollution?

Pay attention to the Air Quality Health Index (AQHI) for outdoor pollution (Google search BC AQHI online). The AQHI is often reported with the weather forecast in the newspaper, radio, television and online.

LUNG IRRITANTS AND INFECTIONS cont.

What things can make your lungs feel worse?

If you can smell it, stay away from it.

Chemical

- Cigar/cigarette smoke
- Air pollution
- Car/truck exhaust
- Paint/paint thinners/resins
- Hairspray/perfume/cologne
- Cleaning fluid/ammonias/chlorides
- Excessive dirt/dust
- Room deodorizers
- Sprays/aerosols
- Fabric softeners

Emotional

- Panic/Fear
- Anger/Frustration
- Stress/Anxiety
- Excitement
- Laughing too hard
- Crying
- Depression

Physical

Infections

- Colds
- Other viruses
- Bacterial

Overexertion

- Too much
- Too fast
- Too long

Chronic pain

Chronic cough

Weather

- Too hot/cold
- Too humid/dry
- Too heavy



Allergens

Most Common Allergies

- House dust/molds
- Pollen
- Some foods and preservatives
- Animal dander

LUNG IRRITANTS AND INFECTIONS cont.

Ways you can deal with irritants

- Stop smoking.
- Request others not to smoke around you.
- Prevent chest infections by getting immunized.
- Avoid crowds in flu and cold season.
- Avoid aerosols, perfumes, aftershave and sprays.
- Avoid known allergens.
- Avoid extremes in temperature.
- Control dust in your home.
- Follow good health practices: good nutrition; 1/2 hour of exercise per day; adequate rest; fluids and frequent handwashing.



Any irritant, especially smoke, air pollution and repeated chest infections, can further damage your lungs. It is not one single exposure to irritants, it is the sum total of all exposures to irritants that will affect your lungs and how well you feel.

Ways you can monitor your lung condition

Keep track of changes in these areas and note what's normal for you: sputum; use of inhalers; shortness of breath; frequency/causes.

Keep a record of medication changes — date of changes, how you feel, and anything else you feel relevant.

LUNG IRRITANTS AND INFECTIONS cont.

Ways to avoid lung infection

- Get immunized against the flu and pneumonia.
- Talk to your healthcare provider regarding medicine if necessary.
- Keep chest clear of mucus.
- Maintain an adequate fluid intake.
- Keep inhalers and spacers clean.
- Practice good oral hygiene.
- Get adequate rest.
- Do not accept visits from sick friends/relatives.
- Avoid crowds, especially during flu season.
- Exercise — an active body is a healthy body.
- Wash your hands.

Signs and symptoms of lung infection

- Unusual increase/decrease in sputum, a change in colour or consistency or presence of blood
- Chest pain, tightness or fullness
- Increase in the severity of your breathlessness
- Increased inhaler use for more than a few days
- Palpitations, increase in heart rate
- Increase in fatigue and lack of energy
- Decrease in exercise tolerance for a few days
- Increase/decrease in weight
- Waking at night because of shortness of breath
- Fever, headaches, dizziness, confusion

LUNG IRRITANTS AND INFECTIONS cont.

Steps to take if you feel you're getting an infection or getting sick

- Call your healthcare provider or 8-1-1.
- Take the antibiotics that have been prescribed.
- Always take the full course of antibiotics.
- If no improvement in 2-3 days, then a sputum culture may be required.
- Increase your fluid intake.
- Keep your lungs clear of mucus.
- Get adequate rest.
- Decrease activity until feeling better.

Where can I find more lung patient resources?

Visit BC Lung at www.bc.lung.ca and explore our Patient Support section for more info on living with a lung condition.

"When a doctor first diagnoses a patient with a lung condition, it can be hard to take everything in. It's my job to help patients understand their breathing problem and learn how to use their medications properly. Prevention is also vital — making sure patients get their annual flu and pneumonia shots and pay attention to indoor and outdoor air quality."



Alexa McMillan
Respiratory Therapist & Educator
Interior Health, BC

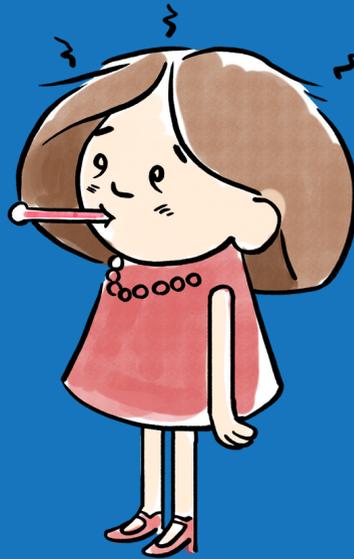


“Breathlessness can be a frightening and restricting symptom that many people with life-limiting illness experience. We know initiatives that bring together people with a shared experience of their respiratory condition can have a profoundly positive impact. People are better able to manage their condition with peer support.”

Dr. Victoria Cook
Post Graduate Program Director
Respiratory Medicine, UBC
BC Lung Association Medical Advisor



IMMUNIZATION: WHAT YOU NEED TO KNOW



ABOUT IMMUNIZATION

Getting vaccinated is one of the most important things you can do to safeguard your lung health.

We recommend lung patients get a flu shot.

BC Lung recommends getting the seasonal flu vaccination as early as possible to provide the best protection.

We also recommend a pneumonia vaccination for those most vulnerable.

For older people and those with chronic conditions, we also strongly recommend getting immunized against pneumonia as well. What many people don't know is that combined — the flu (or influenza) and pneumonia — are ranked among the top ten leading causes of death in Canada.

Who is at greater risk?

Children and those over 65 are hardest hit but those with chronic disease also run a serious risk, including people affected by lung conditions, such as COPD, asthma, bronchiectasis, cystic fibrosis, etc.

More vulnerable are also pregnant women, indigenous peoples, and residents of nursing homes and other care facilities. No one is immune.



ABOUT IMMUNIZATION cont.

What is the high dose influenza (flu) vaccine?

Canada's National Advisory Committee on Immunization recommends persons aged 65 and older receive the high dose influenza vaccine in preference to the (free) standard dose vaccine because of evidence of better effectiveness.

In individuals aged 65 and older, the immune system response to the standard flu vaccine is not as strong as it is in younger people. Older people may get more benefit from the high-dose flu vaccine, which has four times the usual dose. Note: there is a cost for the high dose influenza vaccine as it is not yet covered by the BC government for at risk populations.

What does the pneumococcal vaccination do?

Pneumococcal vaccinations help protect you against pneumococcal infections such as pneumonia, bacteremia (blood infection) and meningitis (infection of the membrane surrounding your brain and spinal cord).

For the best protection, adults aged 65 years and older should speak to their healthcare provider about getting both the Prevnar® 13 and the Pneumovax® 23 vaccines. Those not previously immunized should receive the Prevnar® 13 vaccine first followed by the Pneumovax® 23 vaccine at least eight weeks later. Those who have previously received the Pneumovax® 23 vaccine should receive the Prevnar® 13 vaccine at least one year after receiving the Pneumovax® 23 vaccine.

ABOUT IMMUNIZATION cont.

What other vaccines do adults need?

The type and number of vaccines an adult needs should be discussed with a healthcare provider. To determine if a vaccine is needed, a healthcare provider may ask:

- What vaccines you had as a child
- What diseases you may have had as a child or as an adult
- If you are pregnant or planning to become pregnant
- If you have certain medical conditions
- If you have certain risks resulting from your lifestyle or type of work If you are travelling

A trusted immunization info resource

Visit **www.immunizebc.ca** for more information about immunization. Consult with your healthcare provider to develop an immunization plan for you and your family.

We also recommend the **Public Health Agency of Canada/Health Canada** as a resource. To find out more search the Internet (Google search) using the words Health Canada and Immunization.

"The patients I meet in our pulmonary rehab sessions often comment on how they felt socially isolated before they joined our program. Building friendships is one of the biggest benefits of bringing together people with similar medical conditions. Depression and anxiety often accompany chronic health problems. Peer support helps alleviate this and improve quality of patient lives."



Darrel Hagel
Physical Therapist & Rehab Expert
Interior Health, BC



“Living with chronic lung disease can be very isolating. It’s natural for people with breathing problems and fatigue to avoid activity. Many are timid about doing things, afraid their shortness of breath will embarrass them — but that can lead to more and more inactivity, the opposite of what ailing lungs need. Staying active helps patients manage symptoms and to be able to do the things that are important in day to day life.”

Dr. Pat Camp
Physical Therapist & Clinician Scientist
St. Paul's Hospital
BC Lung Association Medical Advisor



HOW TO STAY ACTIVE AT HOME



HOW TO STAY ACTIVE AT HOME

Keeping active makes you stronger.

Physical activity helps you take back control, be more independent and can help you live well for longer. Why is staying active so important? It is proven to improve energy levels, anxiety, stress and depression, sleep, self-esteem as well as the body's use of oxygen, cardiovascular fitness, muscle strength and shortness of breath.

What kind of activity is good for me?

- Stretching relaxes you and improves your flexibility.
- Aerobic exercise is good for your heart and lungs and allows you to use oxygen more efficiently.
- Resistance training makes all your muscles stronger, including the ones that help you breathe.

Should I use my oxygen when I exercise?

If you use supplemental oxygen, you should exercise with it. Work with your healthcare provider to adjust your oxygen for physical activity and to adjust your flow rate for physical activity, which will be different than your flow rate when you are resting.

IMPORTANT: You should not exercise if you have a fever or infection, feel nauseated, have chest pain or are out of oxygen. Contact your healthcare provider right away if you are experiencing any of these symptoms.

HOW TO STAY ACTIVE AT HOME cont.

Helpful everyday tips

- **Set a regular time to exercise each day.** Such as when you wake up or before having lunch, so it becomes routine.
- **Aim to accumulate 20 to 30 minutes of exercise each day.** This doesn't have to all be done at once but could be spread across the day – for example, in two to three ten-minute sessions.
- **Track your activity.** See how many steps you do in a typical day during social distancing, and then try to increase that number by 100 steps per day. You should aim for at least 5,000 steps a day.
- **Take any opportunity to get in some activity.** Take the stairs if you can, or walk around the house while talking on the phone.
- **Try to minimize prolonged periods of sedentary time.** Get up and move at least every 30 minutes, for example during the TV commercials.
- **Incorporate additional activity into your day.** It could be housework or gardening for example.

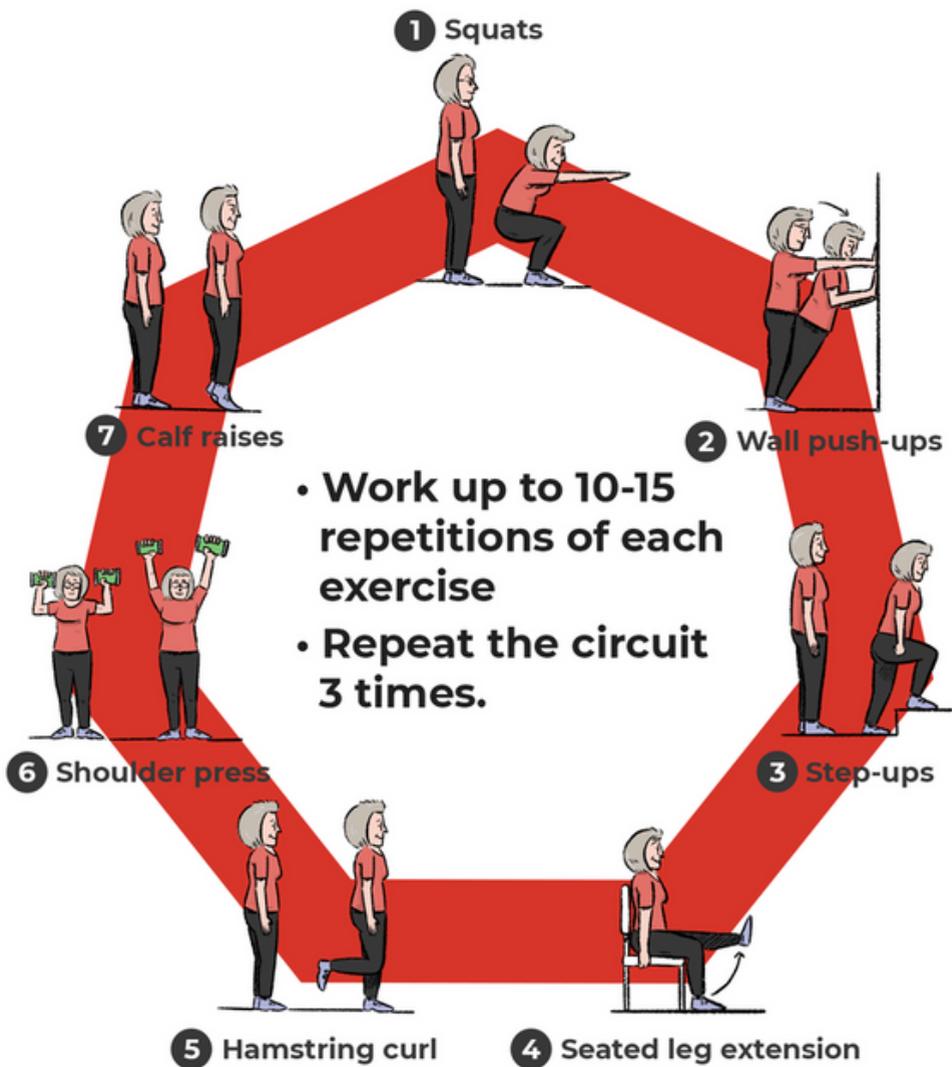


HOW TO STAY ACTIVE AT HOME cont.

Create your own home exercise program.

- **First, put on appropriate footwear** (runners) to minimize any potential knee, ankle or foot injuries. Also ensure you have a water bottle close by to stay hydrated. It may be useful to have a chair or bench nearby in case you run into any balance issues during the exercises.
- **Start with 5 minutes of gentle warm up.** A leisurely walk around the back garden or walking up and down the hallway or stairs.
- **Then pick up the pace for 10 minutes of cardio.** Brisk walking, or skipping or marching on the spot if space is limited. Work at an intensity that makes you huff and puff, but at which you could still hold a short conversation with someone next to you.
- **Next, complete a circuit program — see next page.** This means doing one set of 6 to 8 exercises (such as squats, push ups, step ups, bicep curls or calf raises) and then repeating the circuit three times.
- **Finish with 5 minutes of gentle cool down, similar to your warm up.**

IMPORTANT: Before starting any new type of exercise, make sure you check with your healthcare provider.



Source: The Conversation Creative Commons

HOW TO STAY ACTIVE AT HOME cont.

Where to find more home-based exercise options

Visit BC Lung at www.bc.lung.ca and explore expert-recommended 'How to stay active at home' routines, relaxation techniques and breathing control tips. These can all be found under the Patient Support section.



“I always tell patients, it doesn’t matter if you’re on oxygen, you need to walk. Even if you can only make it to the edge of the driveway, you need to move your body. Exercise is huge! You can’t just sit. Your body needs that circulation. With all that oxygen you feed your body and your organs. Don’t overdo it. Stay within your capabilities. My mantra: Keep Moving.”



Fran Schooley
Patient Clinic Coordinator
Pacific Lung Centre, St. Paul's Hospital



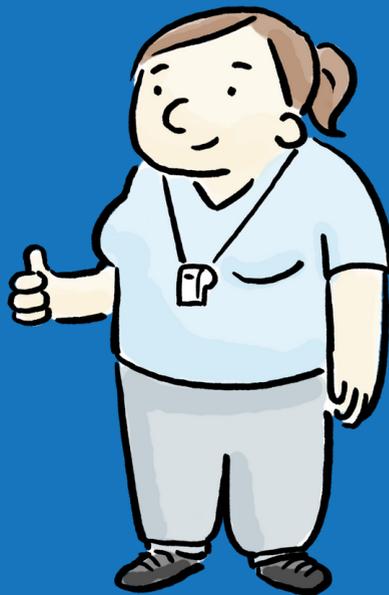
“Everyday tasks can be challenging for patients struggling with a lung condition. By helping patients learn ways to exercise safely and manage their shortness of breath, we can improve their ability to participate in daily activities and live happy and healthy lives.

Exercise can't reverse lung damage, but it can improve your physical endurance and strengthen your respiratory muscles. This can help you feel better physically and mentally, and you'll likely be able to participate in more activities without losing your breath or getting tired."

Jane Burns
Physiotherapy Practice Lead
Vancouver Coastal Health, BC



HOW TO KEEP YOUR HOME SAFE



HOW TO KEEP YOUR HOME SAFE

Regular cleaning and disinfecting can help prevent the spread of illness including COVID-19. Frequently touched surfaces such as toilets, sink tap handles, doorknobs, light switches, and tables should be cleaned at least daily. Other less frequently touched surfaces should be cleaned regularly when visibly dirty.

Make sure to clean surfaces with soap or detergent before disinfecting. The virus that causes COVID-19 can be broken down by soaps and detergents as well as appropriate disinfectants. Cleaning and disinfecting is a simple, effective, two-step process that is described below.

Step 1: Clean away dirt, crumbs, etc.

Use soapy water to wipe away dirt, soils and other debris. Plain dish soap or any kind of household cleaning product will remove dirt, oils and other debris from surfaces.

Step 2: Disinfect.

If possible, use store-bought disinfectants. Familiar brands such as Clorox, Lysol, Fantastik, Microban and Zep have specific products that will work against the COVID-19 virus. Check the Health Canada's list of approved products. If your product is not on the list, it has not been approved for this use. Follow the instructions on the label carefully for each product. Note: disinfectants are known lung irritants and can cause breathing troubles. You may wish to wear a mask or have someone help you to avoid a symptom flare-up.

HOW TO KEEP YOUR HOME SAFE cont.

NOTE: Remember to keep all respiratory equipment clean and sanitized as per guidelines from the manufacturer of each piece of equipment you use.

Tips for using disinfectants and bleach safely

- Open a window and wear gloves when disinfecting.
- Take care to keep bleach tightly sealed and stored away from children and pets.
- More concentrated solutions are not better and may cause irritation to the eyes and throat.
- Do not mix bleach with vinegar or other acids like lemon juice, ammonia-containing products (such as Windex), or rubbing alcohol. This can create toxic gases.
- When using bleach on surfaces, allow the surface to air dry completely before using again.
- Dispose of any leftover bleach mixtures so people won't mistake them for something else, or mix them with other products by mistake.



HOW TO KEEP YOUR HOME SAFE cont.

Food and the kitchen

- Never use bleach or other disinfectants on food.
- Rinse fresh vegetables and fruits with clean potable water.
- Utensils, pots and pans, and other dishwasher-safe food preparation items can be cleaned and sanitized in the dishwasher with a hot rinse cycle or washed with hot soapy water.
- Dishwasher-safe, hard plastic toys can be cleaned and disinfected in a dishwasher with a hot rinse cycle.

Mobile phones and other electronics

- Clean/disinfect frequently touched electronics like phones, tablets, remotes, keyboards, mice and gaming consoles daily.
- First check the manufacturer's instructions for cleaning and disinfecting instructions.
- If no manufacturer guidance is available, use disinfectant wipes or sprays with 70% alcohol.
- Dry surfaces thoroughly to avoid pooling of liquids. Do not immerse devices in liquids and do not use hydrogen peroxide or vinegar as they do not work and may damage screens.
- Consider using screen protectors to make cleaning and disinfection easier.

HOW TO KEEP YOUR HOME SAFE cont.

Laundry

If you are living with someone who is ill, take these precautions when doing laundry:

- Laundry should be placed in a laundry basket with a plastic liner. Don't shake dirty items.
- Wear gloves and a mask when handling.
- Wash with regular laundry soap and hot water.
- Clean your hands with soap and water immediately after removing your gloves.

Waste

- If you are sick or living with someone who is sick, be careful when touching waste.
- All waste can go into regular garbage bins.
- Line the wastebasket with a plastic bag. This makes waste easier and safer to dispose.
- When emptying wastebaskets, take care to not touch used tissues with your hands.
- Wash your hands afterwards.



HOW TO KEEP YOUR HOME SAFE cont.

Accidental exposure to disinfectants

- Call your local Poison Control Centre.
- Inhalation: Ventilate the area and seek fresh air.
- Eyes: Flush eyes with water for 5-10 minutes.
- Skin: Flush skin with water for 5 minutes.
- Ingestion: Drink 1/2 cup to 1 cup of water.
- Call your healthcare provider or 8-1-1 if you require additional help.

"Group patient rehabilitation or support programs aren't for everyone. It's important there be ways to get one-on-one support. When I talk with patients, my goal is to ensure they understand their condition, their medications, the importance of exercise, and rescue breathing methods. I can't go as deep as they do in a group session, but it's still really valuable and for some. It's what they prefer."



Barb Moore
Respiratory Therapist & Educator
Vancouver Coastal Health, BC



"There's an increase in recognition of sleep disorders over the past 20 to 30 years. Having a good sleep is fundamental in terms of good health. If you have poor sleep, it equals poor health, an impaired quality of life and decreased life expectancy. Sleep disorders are important to treat – we talk about how eating and exercise affect health and sleep is equally important."

Dr. John Fleetham
Respirologist & Founder/ Co-Director
Vancouver Acute Sleep Disorder Program, UBC
BC Lung Association Medical Advisor



HOW TO REDUCE STRESS AND IMPROVE SLEEP



REDUCE STRESS AND IMPROVE SLEEP

It's normal for your body and mind to respond to events that excite, confuse, frighten or irritate. These events can be good or bad. But excessive, prolonged stress, which we often fail to manage, is neither helpful nor healthy, as we become frazzled and unable to control our responses.

Sustained levels of negative stress have been linked to illnesses. Given the current pandemic times we live in, avoiding stress is key.

Tips for avoiding stress

- Prepare for morning the night before.
- Never wear ill-fitting clothes.
- Set appointments ahead.
- Don't rely on your memory. Write things down.
- Practice preventative maintenance on your vehicle and appliances.
- Make duplicates of all keys. Exchange with a neighbour or family.
- Avoid rush hour/crowds if you need to go out.
- Say 'no' more often.
- Take advantage of off-hours for banking and shopping.
- Shop by mail or by phone when possible.
- Rearrange meal times around your schedule.
- Keep an emergency supply of necessities.

REDUCE STRESS AND IMPROVE SLEEP cont.

Tips for avoiding stress cont.

- Walk everywhere you can.
- Make copies of all important papers and keep the originals in a safe place.
- Anticipate your needs i.e. always stop for gas before you really need it.
- Fix things that don't work properly.
- Allow extra time for travel.



What are simple techniques to relieve stress?

Check in with your body more often for feelings of tension, especially in the muscles of your shoulders, face, back or hands. Also check if your mind is racing or your heart is beating quickly. Here's how to reverse these feelings or sensations related to stress:

- **Do:** Move and stretch all parts of the body.
Because: Movement improves circulation and helps to remove tension.
- **Do:** Realign body into correct posture. Take special note of the back, shoulder and lower jaw.
Because: During stress, the head and lower jaw are often held forward, the waist and the shoulders raised up toward the ears.

REDUCE STRESS AND IMPROVE SLEEP cont.

Simple techniques to relieve stress cont.

- **Do:** Start slow, deep breathing and think about letting your muscles relax when breathing out – breathe the tension out.
Because: Stress often causes breathing to be shallow and deep breathing seems to have a relaxing effect.
- **Do:** Visualize a pleasant scene where you are comfortable and relaxed. Continue slow, regular breathing.
Because: Focusing on one pleasant thought or scene will help calm your mind and stop the continual flow of rapid, demanding thoughts.

Having a good sleep is key to your well-being.

Poor sleep or not enough sleep can have major impacts on your day-to-day functioning. Symptoms of poor sleep can include fatigue, lack of energy, difficulty concentrating, anxiety, and decreased lung function.

Note: Different people need different amounts of nightly sleep. For some adults, 4 to 6 hours a night are enough. Others need 8 hours or more. Also, age is known to affect sleep requirements. Infants generally sleep 16 hours a day, but sleep requirements lessen with the years. By adulthood most of us sleep 7 or 8 hours a night. Those over 50 generally report they sleep less than when they were younger.

REDUCE STRESS AND IMPROVE SLEEP cont.

Sleep improvement tips

- Get up at the same time every morning.
- Give yourself 20 minutes to fall asleep. After 20 minutes, get up and leave the bedroom to do something relaxing or slightly monotonous.
- Avoid naps. The best sleep is obtained at night.
- Have a cool, dark, quiet bedroom. The ideal temperature seems to be 64-66°F or 18°C.
- Earplugs and eyeshades can be helpful for some people.
- Keep regular rituals and routines before bedtime.
- At home, or away, rituals help reinforce sleepiness.
- Avoid caffeine and alcohol in the evening. These promote wakefulness and make you urinate more.
- Exercise moderately in the late afternoon or early evening. An evening walk is a great way to wind down.
- Don't go to bed too hungry or too full.
- Unwind before bedtime. Leave worries at the door.
- Don't oversleep. It's better to shorten your sleep by 15 minutes than oversleep.
- Save your bedroom for sleep. This room should be associated with pleasure, relaxation and sleep.
- Use relaxation techniques. Doing things that help calm your mind make it easier to fall asleep.



“Giving patients access to a supportive community is vital. Patients make meaningful connections. Currently, one of my patients is battling breast cancer in addition to living with a serious lung condition. She lives alone, and it is the friends she made through her patient community that are driving her to appointments and picking up supplies. Patients support one another.”

Alanna Simms
Physical Therapist & Rehab Expert
Interior Health, BC



CONNECT WITH LUNG PATIENT PEERS



CONNECT WITH LUNG PATIENT PEERS

Join a Lung Patient Support Community!

Through Lung Patient Support Communities, you and your family and friends can interact directly with other people facing similar health challenges. BC Lung supports the following lung patient communities:

- **The Better Breathers Facebook Online and In-Person Support Groups** for people living with chronic lung conditions; and
- **The Pulmonary Fibrosis Facebook Online and In-Person Support Groups** for people living with Interstitial Lung Disease (ILD) including but not limited to pulmonary fibrosis.

Note: Due to COVID-19, In-Person Support Community meetings are on hold until further notice in the interest of everyone's safety and protection. Check www.bc.lung.ca regularly for updates.



CONNECT WITH LUNG PATIENT PEERS cont.

Online **Better Breathers** Support Group

Join us! A voluntary support community for people affected by COPD, asthma and other chronic lung conditions — friends and family are also welcome.

How to join

STEP 1: Set up a Facebook account at www.facebook.com.

STEP 2: Type Better Breathers Support Group in the search panel.

STEP 3: Request to join the group. A community moderator will get in touch with you directly.

Community Contacts



Dennis Josey
Co-Founder & Moderator
COPD Survivor/Lung Transplant Recipient
Call: 604-839-1169
Email: djosey604@gmail.com



Maureen Sioson, Program Coordinator
BC Lung Association
Email: betterbreathers@bc.lung.ca

CONNECT WITH LUNG PATIENT PEERS cont.

Online Pulmonary Fibrosis Support Group

Join us! A voluntary support community for patients with Interstitial Lung Disease (ILD) including Pulmonary Fibrosis (& Idiopathic Pulmonary Fibrosis), Pneumonitis, Scleroderma and more — family and friends are also welcome.

How to join

STEP 1: Set up a Facebook account at www.facebook.com.

STEP 2: Type Pulmonary Fibrosis Support Group in the search panel.

STEP 3: Request to join the group. A community moderator will get in touch with you directly.

Community Contacts



Bob Mellor
Online Support Group Administrator
Idiopathic Pulmonary Fibrosis Survivor
Lung Transplant Recipient
Email: bovinity@telus.net



Fran Schooley
Patient Educator, Clinical Coordinator
and Research Assistant
Pacific Lung Centre, St. Paul's Hospital
Email: FSchooley@providencehealth.bc.ca

CONNECT WITH LUNG PATIENT PEERS cont.

Phone Pal Program - Call for Volunteers!

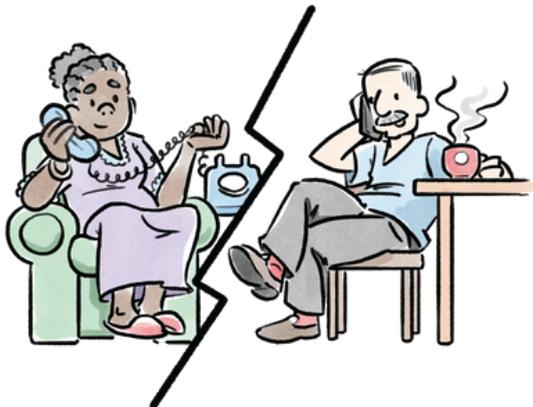
BC Lung is working to establish a Phone Pal Program that will connect lung patients with others who are facing or have experienced similar lung health challenges.

The primary goal of this program is to match individuals who have similar interests and are prepared to share coping tips, provide emotional support and give encouragement.

Community Contact



Katrina van Bylandt
Director, Communications and Engagement
BC Lung Association
Text/Cell: 778-772-4788
Email: vanbylandt@bc.lung.ca



More trusted support resources

As a lung patient, where can I find more support ?

BC Lung provides educational and support services to help British Columbians affected by respiratory illness. For more info, visit the Patient Support section at www.bc.lung.ca

Where can I get answers to medical questions?

HealthLinkBC is a great resource. You can explore their website at www.healthlinkbc.ca. Or, for immediate medical support, **call 8-1-1** or consult with your healthcare provider.

Where can BC Seniors find support?

The Government of BC has a province-wide information and referral service. It matches volunteers to seniors whose support network has been affected by the COVID-19 outbreak. **Visit www.bc211.ca**

Is there a BC Caregiver Support Line?

Family Caregivers of British Columbia is here to support unpaid family and friend caregivers.

Call 1-877-520-3267 or visit www.familycaregiversbc.ca



The BC Lung Association is a registered charity. It is thanks to the generosity of our donors and lung health community we are able to do the work we do.

Visit us at bc.lung.ca

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